

May 2023 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1.            8:30 Congregate Breakfast            9:00 Uniper/Youtube Documentary- In Person            10:00 Computer Class-In Person            10:00 Coloring for Relaxation - In-Person            10:30 DGMH Discussion Group w. Juliana            11:00 Painting - In- Person            11:00 Computer Class- In Person            12:00 Congregate Lunch            1:00 Indoor Gardening - In-Person</p>	<p>2.            8:30 Congregate Breakfast            9:00 Uniper/Youtube Documentary- In Person            10:00 Coloring for Relaxation - In-Person            10:00 EB A Matter of Balance- In Person            10:00 Computer Class- In Person            11:00 Computer Class- In Person            11:00 Chair Yoga - Hybrid            12:00 Congregate Lunch            1:00 Awareness Group - In-Person</p>	<p>3.            8:30 Congregate Breakfast            9:00 Uniper/Youtube Documentary- In Person            10:00 Coloring for Relaxation - In-Person            10:00 Crochet Class - In -Person            10:00 BCHN Blood Pressure Screening - In Person            10:00 Zumba- In Person  <b>10:00 NYC AGING Osteoarthritis - Virtual</b>            11:00 Nutrition Education - In Person            12:00 Congregate Lunch            1:00 Grow NYC Food Demo - In-Person</p>	<p>4.            8:30 Congregate Breakfast            9:00 Uniper/Youtube Documentary- In Person            9:30 Leisure Games Billiards/ Pool- In Person            10:00 Open Discussion w Tim-In Person  <b>10:00 NYC AGING Hearing Loss - Virtual</b>            11:00 Current Events w Tim- In Person            11:00 Dance &amp; Movement- In Person            12:00 Congregate Lunch  <b>12:30 Stop &amp; Shop Food Demo- In Person</b>            1:00 Awareness Group - In-Person            1:00 Technology Class w Tim- In- Person</p>	<p>5.            8:30 Congregate Breakfast            9:00 Uniper/Youtube Documentary- In Person            9:30 Leisure Games Dominoes- In Person            10:00 Coloring for Relaxation - In-Person            10:00 Line Dancing- In Person            11:00 SU CASA Music Class- In Person            12:00 Congregate Lunch &amp; Cinco De Mayo Dessert            1:00 Meditation Group-Virtual            1:00 Awareness Group - In-Person</p>
<p>8.            8:30 Congregate Breakfast            9:00 Uniper/Youtube Documentary- In Person            10:00 Garden Club Meeting- In Person            10:00 Computer Class-In Person            10:00 Coloring for Relaxation - In-Person  <b>10:30 Presentation: Older Americans Month/ Mental Health Awareness Month w Juliana</b>            11:00 Painting - In- Person            11:00 Computer Class- In Person            12:00 Congregate Lunch            1:00 Indoor Gardening - In-Person</p>	<p>9.            8:30 Congregate Breakfast            9:00 Uniper/Youtube Documentary- In Person            10:00 Coloring for Relaxation - In-Person            10:00 EB A Matter of Balance- In Person            10:00 Computer Class- In Person  <b>11:00 Advisory Board Meeting- In Person</b>            11:00 Computer Class- In Person            11:00 Chair Yoga - Hybrid            12:00 Congregate Lunch            1:00 Awareness Group - In-Person</p>	<p>10.            8:30 Congregate Breakfast            9:00 Uniper/Youtube Documentary- In Person            10:00 Coloring for Relaxation - In-Person            10:00 Crochet Class - In -Person            10:00 BCHN Blood Pressure Screening - In Person            10:00 Zumba- In Person            11:00 Nutrition Education - Virtual  <b>11:00 Presentation: Skin Cancer - In Person</b>            12:00 Congregate Lunch</p>	<p>11.            8:30 Congregate Breakfast            9:00 Uniper/Youtube Documentary- In Person            9:30 Leisure Games Billiards/ Pool- In Person            10:00 Open Discussion w Tim-In Person  <b>10:00 Healthy Aging Presentation- In Person</b>            11:00 Current Events w Tim- In Person            11:00 Dance &amp; Movement- In Person  <b>12:00 Older American Lunch</b>            1:00 Awareness Group - In-Person            1:00 Technology Class w Tim- In- Person</p>	<p>12.            8:30 Congregate Breakfast            9:00 Uniper/Youtube Documentary- In Person            9:30 Leisure Games Dominoes- In Person            10:00 Coloring for Relaxation - In-Person            10:00 Line Dancing- In Person            11:00 SU CASA Music Class- In Person            12:00 Congregate Lunch            1:00 Meditation Group-Virtual            1:00 Awareness Group - In-Person</p>
<p>15.            8:30 Congregate Breakfast            9:00 Uniper/Youtube Documentary- In Person            10:00 Computer Class-In Person            10:00 Coloring for Relaxation - In-Person  <b>11:00 Presentation: Stroke Awareness- In Person</b>            11:00 Painting - In- Person            11:00 Computer Class- In Person  <b>12:00 Mothers Day Lunch</b>            1:00 Indoor Gardening - In-Person</p>	<p>16.            8:30 Congregate Breakfast            9:00 Uniper/Youtube Documentary- In Person            10:00 Coloring for Relaxation - In-Person            10:00 EB A Matter of Balance- In Person            10:00 Computer Class- In Person            11:00 Computer Class- In Person            11:00 Chair Yoga - Hybrid            12:00 Congregate Lunch            1:00 Awareness Group - In-Person</p>	<p>17.            8:30 Congregate Breakfast            9:00 Uniper/Youtube Documentary- In Person            10:00 Coloring for Relaxation - In-Person            10:00 Crochet Class - In -Person            10:00 BCHN Blood Pressure Screening - In Person            10:00 Zumba- In Person            11:00 Nutrition Education - In Person            12:00 Congregate Lunch</p>	<p>18.            8:30 Congregate Breakfast            9:00 Uniper/Youtube Documentary- In Person            9:30 Leisure Games Billiards/ Pool- In Person            10:00 Open Discussion w Tim-In Person  <b>10:00 General Membership</b>            11:00 Current Events w Tim- In Person            11:00 Dance &amp; Movement- In Person            12:00 Congregate Lunch            1:00 Awareness Group - In-Person            1:00 Technology Class w Tim- In- Person</p>	<p>19.            8:30 Congregate Breakfast            9:00 Uniper/Youtube Documentary- In Person            9:30 Leisure Games Dominoes- In Person            10:00 Coloring for Relaxation - In-Person            10:00 Line Dancing- In Person            11:00 SU CASA Music Class- In Person            12:00 Congregate Lunch            1:00 Meditation Group-Virtual            1:00 Awareness Group - In-Person</p>
<p>22.            8:30 Congregate Breakfast            9:00 Uniper/Youtube Documentary- In Person            10:00 Computer Class-In Person            10:00 Coloring for Relaxation - In-Person  <b>10:00 Staying Active to Combat Social Isolation in the Aftermath of COVID- In Person</b>            11:00 Painting - In- Person            11:00 Computer Class- In Person            12:00 Congregate Lunch            1:00 Indoor Gardening - In-Person</p>	<p>23.            8:30 Congregate Breakfast            9:00 Uniper/Youtube Documentary- In Person            10:00 Coloring for Relaxation - In-Person            10:00 EB A Matter of Balance- In Person            10:00 Computer Class- In Person            11:00 Computer Class- In Person            11:00 Chair Yoga - Hybrid            12:00 Congregate Lunch            1:00 Awareness Group - In-Person</p>	<p>24.            8:30 Congregate Breakfast            9:00 Uniper/Youtube Documentary- In Person            10:00 Coloring for Relaxation - In-Person            10:00 Crochet Class - In -Person (Last Class)            10:00 BCHN Blood Pressure Screening - In Person            10:00 Zumba- In Person            11:00 Nutrition Education - Virtual  <b>12:00 Birthday Lunch</b></p>	<p>25.            8:30 Congregate Breakfast            9:00 Uniper/Youtube Documentary- In Person            9:30 Leisure Games Billiards/ Pool- In Person  <b>10:00 Montefiore Healthy Aging- In-Person</b>            10:00 Open Discussion w Tim-In Person            11:00 Current Events w Tim- In Person            11:00 Dance &amp; Movement- In Person            12:00 Congregate Lunch            1:00 Awareness Group - In-Person            1:00 Technology Class w Tim- In- Person</p>	<p>26.            8:30 Congregate Breakfast            9:00 Uniper/Youtube Documentary- In Person            9:30 Leisure Games Dominoes- In Person  <b>10:00 Red Hatters Mtg- In Person</b>            10:00 Coloring for Relaxation - In-Person            10:00 Line Dancing- In Person (Last Class)            11:00 SU CASA Music Class- In Person            12:00 Congregate Lunch            1:00 Meditation Group-Virtual            1:00 Awareness Group - In-Person</p>

29.

**CENTER CLOSED**



30.

8:30 Congregate Breakfast  
 9:00 Uniper/Youtube Documentary- In Person  
 10:00 Coloring for Relaxation - In-Person  
 10:00 EB A Matter of Balance- In Person  
 10:00 Computer Class- In Person  
 11:00 Computer Class- In Person  
 11:00 Chair Yoga - Hybrid  
 12:00 Congregate Lunch  
 1:00 Awareness Group - In-Person

31.

8:30 Congregate Breakfast  
 9:00 Uniper/Youtube Documentary- In Person  
 10:00 Coloring for Relaxation - In-Person  
 10:00 Crochet Class - In -Person (Last Class)  
 10:00 BCHN Blood Pressure Screening - In Person  
 10:00 Zumba- In Person  
 11:00 Nutrition Education - In Person  
 12:00 Congregate Lunch

**Breakfast**

**8:30am - 9:30am DAILY**  
**Contribution \$1.00**

**Lunch**

**12:00pm-1:00pm DAILY**  
**Contribution \$1.50**

**\*Must be the age of 60 and  
 over to register**

**FUNDED BY NYC AGING \*ACTIVITIES ARE SUBJECT TO CHANGE\***

Bay Eden Older Adult Center 1220 East 229th Street Bronx NY 10466  
**May 2023 Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
1. Italian Sausage Alt. Chicken Penne Pasta Sauteed Green Beans Apple	2. Lentil Stew w Carrots & Turnips Yellow Rice Sauteed Spinach Orange	3. Smothered Pork Chops Alt. Chicken Mashed Potatoes Vegetable Mix Banana	4. Curry Chicken White Rice Cabbage w Shredded Carrots Apple	5. Lemon Pepper Fish Pasta Steamed Broccoli Banana
8. Jerk Chicken Rice & Beans Mixed Vegetables Apple	9. Turkey Chili w Sweet Potatoes & Corn Steamed Green Beans Banana	10. Beef & Broccoli Alt. Chicken Bowtie Pasta Steamed Sliced Carrots Orange	11. <b>Older American Lunch</b> Oven Fried Chicken Corn on the Cob Chopped Salad Apple Juice Fruit Popsicle Whole Wheat Bread	12. Chicken w Oyster Sauce Oriental Blend Vegetables Smashed Red Potatoes Banana
15. <b>Mother Day's Lunch</b> Almond Cake Herb Grilled Chicken Roasted Potatoes Greek Salad Whole Wheat Bread Apple Juice 	16. Brown Stew Chicken Yellow Rice Sauteed Spinach Banana	17. Baked Fish w Sweet & Sour Sauce Pasta Steamed Carrots Orange	18. Baked Vegetable Alfredo Pasta Sauteed String Beans Apple	19. Spanish Style Baked Chicken Yellow Rice Cabbage w Green Peas Banana
22. Stuffed Shells w Cheese Steamed Broccoli Apple	23. Spanish Chicken w. Potatoes & Garlic White Rice Steamed Sliced Carrots Banana	24. <b>Birthday Lunch</b> Turkey Wrap Alt. Tuna Wrap Chopped Garden Salad Potato Chip Ice Cream & Pound Cake 	25. Sweet Potato Coconut Curry Fish Brown Rice Sauteed Green Beans Apple	26. Beef Salisbury Steak Alt. Chicken Pasta Cabbage w Shredded Carrots Banana
29. <b>CENTER CLOSED</b> 	30. BBQ Chicken Yellow Rice Sauteed Green Beans Banana	31. Cornmeal Crusted Fish Cabbage w Shredded Carrots Home Fries w Peppers & Onions Orange		

Bay Eden Older Adult Center 1220 East 229th Street Bronx NY 10466  
 May 2023 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1. Non-Fat Plain Greek Yogurt Coconut Granola Apple Juice Orange	2. Scrambled Eggs w Swiss Cheese Toasted Oats Cereal Banana Orange Pineapple Juice	3. Turkey Sausage Patty Pancakes Apple Orange Juice	4. Omelet w Peppers & Onions Raisin Bran Cereal Orange Pineapple Juice	5. Turkey Bacon Home Fries Apple Grape Juice
8. Turkey Link Sausage Blueberry Pancakes Wheat Flake Cereal Apple Orange Juice	9. Western Omelette Creamy Oat Bran Apple Juice Orange	10. Baked Egg Omelet Cheesy Home Fries Banana Orange Juice	11. Hard Boiled Egg Raisin Bran Cereal Apple Juice Orange	12. Egg a La Mexicana Oatmeal Apple Orange Pineapple Juice
15. Nonfat Plain Greek Yogurt Pumpkin Muffin Raisin Bran Cereal Apple Juice Orange	16. Turkey Bacon Bran Flakes Cereal Waffles Orange Juice Banana	17. Spinach & Feta Omelet Shredded Wheat Cereal Big Biscuit Apple Juice Orange	18. Hard Boiled Egg Cinnamon French Toast Apple Orange Juice	19. Egg White Omelet with Peppers & Onions Oatmeal Apple Orange Pineapple Juice
22. Cottage Cheese Bran Muffin Apple Orange Juice	23. Egg White Omelette w Peppers & Onions Cheesy Grits Apple Juice Orange	24. Scrambled Eggs w Swiss Cheese Home Fries Banana Orange Pineapple Juice	25. Turkey Sausage Link Apple Pancakes Shredded Wheat Cereal Apple Orange Juice	26. Baked Egg Omelet Multigrain Cheerios Apple Juice Orange
29. CENTER CLOSED 	30. Baked Egg Omelet Whole Wheat Blueberry Muffin Apple Juice Orange	31. Western Omelette Home Fries Banana Apple Juice		

Funded by NYC AGING \*MENU IS SUBJECT TO CHANGE\*



**JASA BAY EDEN OLDER ADULT CENTER**

**PHONE NUMBER: 718- 882- 3815**

**ADDRESS: 1220 East 229th Street, Bronx, NY, 10466**

**Hours: Monday through Friday 8am- 4pm**

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